

50 Fitness Tips to do at Work

Plan Ahead

- 1** Set a goal for the length of time you will exercise or the distance you will cover while exercising.
- 2** Don't forget to bring your walking shoes to work. Comfort is a must!
- 3** Schedule a convenient time for your workday workout and do it!
- 4** Make plans to meet a coworker for a walk break.
- 5** Write in your planner when you'll exercise.
- 6** "Warm up" for a few minutes before getting into a fast paced exercise.

At Your Desk

- 12** Stretch throughout the day, it is a vital part of exercise.
- 13** Squeeze a tennis ball to help strengthen your hand and wrist.
- 14** Try doing bicep curls with a paperweight or tape dispenser.
- 15** Using a chair to brace yourself, do some calf raises to increase muscle strength.
- 16** How about using that speakerphone. Did you know that more calories are burned while standing?
- 17** Shoulder rolls: forward ten times, then repeat circling backward.
- 18** While sitting at your desk, rotate one foot to "write" each letter of the alphabet. Switch feet and repeat.
- 19** Wall sits: stand with back against wall. Slowly lower into a sitting position. Hold for 30 seconds. Repeat.
- 20** Get out of your chair and move around for a few minutes every hour.
- 21** Shoulder shrugs are a great way to loosen up tight muscles. Repeat 5-10 times.
- 22** Keep a water cup close by, but don't forget to get up and fill it up. Everyone should drink eight glasses of water each day.
- 23** Stretch your lower back. While seated, slowly bend forward at the waist. Reach forward with your hands until they touch the floor. Hold for 15 seconds before slowly coming up.
- 24** Move your feet and legs while you're sitting at your desk to burn calories and increase energy!

Getting to Work

- 7** Ride your bicycle to work!
- 8** Get off the bus a few stops from your work and walk the rest of the way.
- 9** Park your car as far away as possible and allow extra time to walk to work.
- 10** Come to work 1/2 hour early or stay after to jog or walk.
- 11** Try taking the stairs instead of the elevator. At first you may want to ride the elevator halfway before starting your climb. Add more floors as you increase your energy.



Take a Break

- 25** Spice up your breaks with a jaunt around the building.
- 26** Do you need to clear your head? Get up and take a five minute walk.
- 27** If you can't take a break to walk for 20 minutes, try taking two 10 minute breaks.
- 28** Leave a few minutes early for meetings to allow time to stretch your legs a bit.
- 29** Using the phone to talk to the person down the hall? Get up and get moving. The walk will do you good.



Lunch

- 30** Top off your lunch hour with a 15-minute walk.
- 31** Going out to lunch? Why not choose a spot some distance away and walk.
- 32** Eat some carbohydrates, fruits, and vegetables for energy.

Business Trips

- 33** Going on a business trip? Take advantage of fitness facilities at your hotel.
- 34** Walk instead of using the moving airport walkways.
- 35** Pack hand and ankle weights for strength training on trips.

Staying Motivated

- 36** Try selecting indoor and outdoor activities to add some variety.
- 37** Grab a buddy, exercising is always more fun with a friend.
- 38** Join a local health club for workday workouts.
- 39** Keep track of your mileage. Choose a vacation spot and walk to it.
- 40** Have you met your goal? Don't forget to reward yourself.
- 41** Bring along a Walkman or MP3 to play your favorite tunes.
- 42** Habits are much easier to keep if you enjoy them.
- 43** If you aren't too excited about a vigorous workout, try a more leisurely approach. The important thing is to get up and get moving.
- 44** To prevent boredom: change activity or location of activity often.
- 45** Don't get down if you miss a chance to exercise, just do it the next time.
- 46** Keep a record of your daily workouts.
- 47** Get a coworker to join you for a walk.
- 48** Pick activities that you like to do!
- 49** Buy some new exercise shoes or clothes.



Just Do It.....

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Start out slow! Over time you can increase your duration and intensity. Check out new ideas on www.hearthighway.org

